

Erica Carulli, PLLC

Boutique Counseling and Consultation
Social Justice Oriented Relational Trauma Counseling

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Erica's Most Recommended Books

Shop books and other therapy - related tools <https://www.amazon.com/shop/ericacarullilpc>

1. Adult Children of Emotionally Immature Parents *How to Heal from Distant, Rejecting, or Self-Involved Parents* by Lindsay Gibson, PsyD
2. Asking For It *The Alarming Rise of Rape Culture - and What We Can Do About It* by Kate Harding
3. Attached. *The New Science of Adult Attachment and How it Can Help You Find - and Keep - Love* by Amir Levine, M. D., and Rachel Heller, M.A.
4. Come As You Are *The Surprising New Science That Will Transform Your Sex Life* by Emily Nagoski, Ph.D.
5. Fair Play *A Game Changing Solution for When You Have Too Much to Do (and More Life to Live)* by Eve Rodsky
6. Getting the Love You Want *A Guide for Couples* by Harville Hendrix, Ph. D., and Helen LaKelly Hunt, Ph. D.
7. Help for the Helper *Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World* by Babette Rothschild
8. Hold Me Tight *Seven Conversations for a Lifetime of Love* by Sue Johnson, EdD
9. Homecoming *Overcome Fear and Trauma To Reclaim Your Whole, Authentic Self* by Thema Bryant, Ph.D
10. Hood Feminism *Notes From the Women That a Movement Forgot* by Mikki Kendall
11. In the Realm of Hungry Ghosts *Close Encounters with Addiction* by Gabor Maté, M.D.
12. It Didn't Start With You *How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn
13. Man's Search for Meaning by Viktor E. Frankl
14. Mating in Captivity *Unlocking Erotic Intelligence* by Ester Perel
15. Mother Hunger *How Adult Daughters Can Understand and Heal from Lost Nurturance, Protection, and Guidance* by Kelly McDaniel
16. My Grandmother's Hands *Radicalized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem
17. No Bad Parts *Healing Trauma and Restoring Wholeness with The Internal Family Systems Model* by Richard Schwartz, Ph.D.
18. Polysecure *Attachment, Trauma and Consensual Nonmonogamy* by Jessica Fern
19. Radical Compassion *Learning to Love Yourself and Your World With the Practice of RAIN* by Tara Brach
20. Raising Good Humans *A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids* by Hunter Clarke-Fields MSAE
21. Rest is Resistance *A Manifesto* by Tricia Hersey
22. Ruthless Equity *Disrupt the Status Quo and Ensure Learning for All Students* by Ken Williams
23. Self-Compassion *The Proven Power of Being Kind To Yourself* by Kristin Neff, Ph.D.
24. Set Boundaries, Find Peace *A Guide to Reclaiming Yourself* by Nedra Glover Tawwab
25. Trauma Stewardship *An Everyday Guide to Caring for Self While Caring for Others* by Laura Van Dernoot Lipsky with Connie Burkett
26. The Beauty Myth *How Images of Beauty Are Used Against Women* by Naomi Wolf
27. The Body is Not an Apology *The Power of Radical Self-Love* by Sonya Renee Taylor
28. The Body Remembers *The Psychophysiology of Trauma and Trauma Treatment* by Babette Rothschild
29. The Deepest Well *Healing the Long-Term Effects of Childhood Adversity* by Nadine Burke Harris, M.D.
30. The Whole Brain Child *12 Revolutionary Strategies to Nurture your Child's Developing Mind* by Daniel Siegel, M.D., and Tina Payne Bryson, Ph.D.
31. Waking the Tiger: Healing Trauma by Peter A. Levine
32. Will I Ever Be Good Enough? *Healing the Daughters of Narcissistic Mothers* by Karyl McBride, Ph.D
33. What Happened to You? *Conversations on Trauma, Resilience, and Healing* by Bruce D. Perry, M.D., Ph.D., and Oprah Winfrey
34. What My Bones Know *A Memoir of Healing from Complex Trauma* by Stephanie Foo
35. Why Does He Do That *Inside the Minds of Angry and Controlling Men* by Lundy Bancroft

Erica Carulli, LPC is a Licensed Professional Counselor in Michigan who owns her own private practice and incorporates bibliotherapy into her work individually and also through groups - book club style. For more information visit www.ericacarulli.com.